

# Have Lunch With Us!

**Bring your brown bag lunch for a healthy cooking demonstration and prizes!**

**Date:** Thursday May 5th

**Time:** 12:00 noon

**Where:** The Healing Conference Room  
(below the health clinic)

**Who?** Everyone is Welcome!

**Serving healthy food samples and prizes!!!**

Are you interested in healthy eating, preventing or treating diabetes, or just feeling great? Our brown bag lunch series focuses on healthy recipes and nutrition ideas for a healthier you!

Questions about this event? Please call the Nisqually Health Department 459-5312 and ask for Josette Mendoza or Bernita LaCroix

